



# SRI JOYDIP ASHRAM

GYAN YOGA TRAINING & RESEARCH CENTRE

**ANNUAL REPORT  
2021-22**

Sri Joydip Ashram Gyan Yoga Training and Research Centre is NGO Partner of UN Global Compact and a Tax Exempted NGO Under Section 80G of Income Tax Act . 1961

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## Introduction

The essence of Gyan Yoga was to comprehend the real nature of this Universe. The purpose of an Organization which had been working on Training and Research on Gyan Yoga for the last decade (2012-2022), would be obvious to help people to comprehend this real nature of the Universe which is interconnected with social, environmental, economic, and meaning and peacebuilding bottom lines.

Gyan Yoga had been an ancient tradition of wisdom, which had been existing in different parts of the world not only in India. This tradition was teaching how to live in alignment with society, and with nature. As that only arrives at a person who had been exposed to the culture of understanding the real nature of this Universe – be it in India, be it in Africa, or be it in Europe. Sri Joydip Ashram Gyan Yoga Training and Research Centre had been carrying out this important task for the last decade.

The very basis of Gyan Yoga is Internationalism and Universalism if it has to be aligned with what it was supposed to do from the times of Vedas, and even before that from the beginning of the civilization.

From a very Gyan Yogic tradition and modern interpretation which Sri Joydip Ashram Gyan Yoga Training and Research Centre intend to carry on further – Health had been always an umbrella term and health of individual had been always connected to the health of society, and the health of environment. And this brings us to the therapeutic application of Gyan Yoga, which requires a lot of social causes to be addressed across the world to build holistic and collective health.

In the last Annual General Meeting (AGM) in 2021, we discussed how the peril of the modern self-interest model of economic thinking, had been making us lose the connection and collaboration with our ecosystems – both with society and with nature. On that AGM, We resolved to create a broadness of thinking which brings society, environment, and economy in a unified pattern.

With that objective, we brought some transformative changes in the Sri Joydip Ashram Gyan Yoga Training and Research Centre model of operation.

It was a long process to pursue these external changes which can bring towards our mission of SDG 3- Health and Wellbeing of all as most people don't realize that health had been an umbrella term all across the human civilization.

In the year 2022, at the 11<sup>th</sup> year of existence as a registered charitable trust, Sri Joydip Ashram Trust went through a transformation keeping the objects of the Trust intact, to grow awareness that Health had been always an umbrella term, to address many of the things the environment and society had been going through which cannot be addressed by our conventional and contemporary knowledge systems. It requires integration between the ancient modes of knowledge and understanding and the modern mode of knowledge and Understanding.

It moved up in the value chain, from an alternative healthcare service provider using Gyan Yoga Intervention based on Sri Joydip's Teaching to an Advocacy Organization, where it not only took up the case by case intervention on the healthcare, but it moved up to build more awareness on the causes of particular disease like Diabetes, Cancers, COPD, Youth Mental Health Disorders, and how lifestyle changes using Gyan Yoga Intervention can be useful to prevent those diseases. It also used the Arts and Culture based therapy known as Arts Therapy as a form of Gyan Yoga Intervention and latest being using the storytelling for elevating human consciousness.

In this way, it went ahead with its mission of health and wellbeing of the world, in the lines of SDG3. As an advocacy organization, it started providing not only case-based advocacy on Health and Wellbeing using Gyan Yoga Intervention based on Gyan Yoga Teaching and Research of Sri Joydip. But also it started cause-based advocacy and the series of the cause which it took are following - [Diabeteshelpforyou](#), [Cancerhelpforyou](#), [Lungshelpforyou](#).

This shift in the model made Sri Joydip Ashram's impact visible not only to the Individual patient walking in the Sri Joydip Ashram Gyan Yoga Training and Research Centre, but also to a larger mass of people, who are facing different kinds of health challenges and their needs a shift

towards health and wellness culture, and related social issues, which is producing such disorder.

In 2021-22, a new committee was formed called as “Arts & Cultural committee” which started this caused-based advocacy work and try to shift the culture towards health and wellness using streams of creativity using Arts therapy.



## Message from the Managing Trustee



Figure 1: Sri Joydip Teaching Yoga in US Consulate

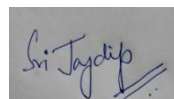
Sri Joydip Ashram Trust began operations on 27<sup>th</sup> March 2012. At the starting of the eleventh year of its operation, it had made considerable progress and now became an 80G institution and also an NGO partner of the United Nations Global Compact. It had also partnered with 'GiveIndia' and 'Chezuba' bringing a transformation in its system of fundraising and volunteering. For the third time in a row, it won the Transparency Award by Guidestar India in 2020, 2021 and 2022.

There is still a long journey ahead, but in the role of Managing Trustee, I am confident that the talented team assembled by Sri Joydip Ashram Trust, is more than up, to the challenge to bring a new level of consciousness through blending Gyan Yoga Intervention with innovation and tradition and making it multidisciplinary and taking this innovative yoga education to the world in a most cost-efficient by using technology to enable holistic and collective health.

Sri Joydip Ashram Trust is a non-profit organization that believes that such a design of Gyan Yoga Intervention is essential to deliver blending between Gyan Yoga's therapeutic Innovation and Gyan Yoga Tradition could make Gyan Yoga philosophy more inclusive, which is the base of 'Sri Joydip's teachings' and implement it in diverse sectors like education, healthcare, disaster relief, cultural exchange, cultural research and uplift the consciousness of human being, with the imperatives of transformation. Further, the Trust believes such a new education design of Gyan yoga Intervention blending innovation with tradition is viable with the name and style of "Sri Joydip's teachings".

Indeed, Sri Joydip Ashram Trust's efforts are focused on demonstrating clause 6 of Trust Deed to take Sri Joydip's teaching ( based on Gyan Yoga Intervention blending innovation with tradition) into multiple platforms and every activity of Trustees, Teachers, Students, Partners of Sri Joydip Ashram Trust is geared towards that direction to use "Sri Joydip's teaching" in multiple platforms to bring broad transformation in multiple sectors for collective and holistic health in the lines of SDG3- Health and Wellbeing of World.

Regards

A small rectangular box containing a handwritten signature in blue ink that reads "Sri Joydip".



## **Mission Statement**

As per the Sri Joydip Ashram Trust Deed ( Clause 6 – Objects of the Trust), Making Gyan Yoga Education and Intervention multidisciplinary with a blend of innovation and tradition, and creating Unique Intellectual properties under “Sri Joydip’s teachings” which could be implemented in multiple social sectors – education, healthcare, disaster relief, relief to the poor, environmental protection and taking those teaching as far as the moon.

## **Vision Statement**

To transform the human race into a divine race, through a form of ‘ Gyan Yoga Education and Intervention’, which is a combination of ‘Innovation’ and ‘tradition’ name and styled as “Sri Joydip’s teachings”.

## **Values Statement**

Inside–Out Philosophy – Our Vision, thoughts, emotions, and sensations create the world we live in and the only way to change the world and society is to change ourselves. The only way to achieve an ideal society, where the human race becomes transformed into a divine race, is to make one.

## **Trustees Report – Objectives, Activities, and Performance**

The Trustees present their reports of activities accounts for the year ended 31st March 2022. The accounts have been prepared following the accounting policies. The report takes account of the requirement for Trustees to report annually on public benefit and Impact the Trustees have had regard to the objects of Sri Joydip Ashram Trust set out in Clause 6 of Sri Joydip Ashram Trust Deed in accordance to Indian Trust Act 1882. The Trustees are appointed by the Settlor, for one year by an appointment deed. Based on the performance, the period is extended further.

## **Structure, Governance, and Management**

The Trust ("the Charity") is an incorporated trust, constituted under a Trust Deed dated 27th March 2012. The Charity was established by an initial gift from Sri Joydip ("the Settlor") in 2012. The Charity selectively fundraises with Give-India and seeks to continue the philanthropic work desired by the Settlor, through the careful stewardship of its existing intellectual and educational resources and ad hoc contributions.

## Appointment of New Trustees

The Trustees are appointed by the Settlor, for one year by an appointment deed. Based on the performance, the period is extended further. The new Trustees who are appointed this year are Mr. Prasad Jaladi.

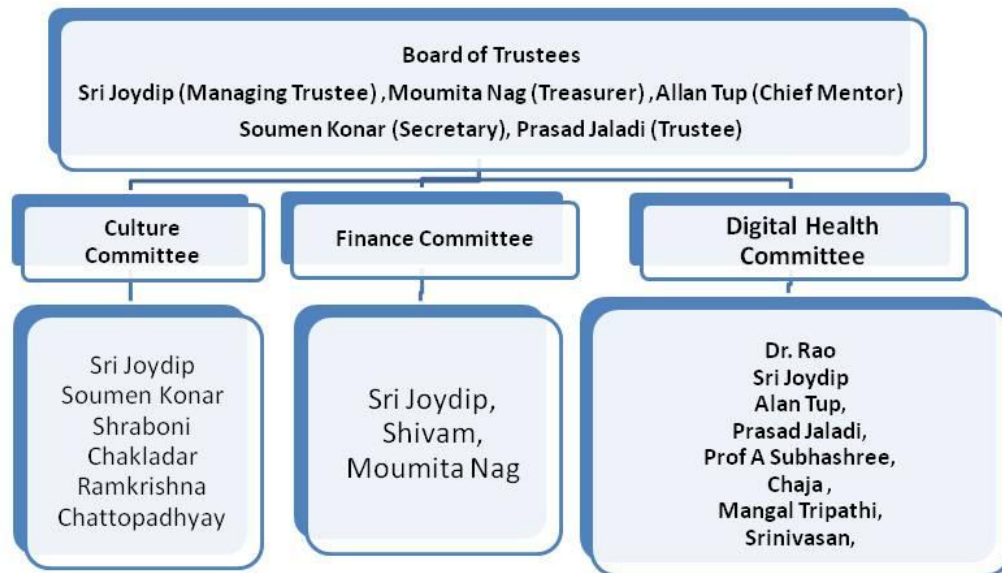


Figure 2: Organization Chart as of Sri Ashram Day at 27th March 2022

## Legal Status and Reforms

According to Clause (6) of the Trust Deed, the lawful purpose of the Trust is to disseminate Sri Joydip's Teachings ( which is based on Gyan Yoga Education and Intervention), which are in the form of numerous Intellectual properties like ( Lifewise, Seven Yoga Habits that can Transform your Life Series, Creatiyoga, Workplace Wellness, Innovation@YogaEducation, The Science of Yoga, Yoga of Dance, Yoga of Creative Writing, Immunoyoga, Diabeteshelp4u, Cancerhelp4u, Lungshelp4u ) which are created out of consciousness research in Gyan Yoga, for public welfare and benefit of the beneficiaries who are the students/patients/beneficiaries of Sri Joydip Ashram Gyan Yoga Training and Research Centre.

The objects of The Sri Joydip Ashram Trust is also to apply the Sri Joydip's Teachings which is based on blending innovation and tradition on yoga teaching, and the Intellectual property created out of it, and it proceeds all, or such part or parts of the capital for or towards such charitable purposes, and in such manner as the Trustees may in their absolute discretion think fit.

The Trustees have determined the Charity shall aim to promote and defend Sri Joydip's teaching based on Gyan Yoga Intervention, blending innovation with tradition, making Sri Joydip's yoga teaching multidisciplinary. Sri Joydip Ashram Trust's focus is on taking Sri Joydip Ashram's teaching and reaching the most vulnerable and marginalized section in society and bringing transformation to their lives through the power of deliberation on such teachings based on Gyan Yoga Intervention.

## **Objects of the Trust**

### **Case-based Advocacy and Cause Based Advocacy for Health and Wellbeing of All – SDG3**

According to Clause (6) of the Trust Deed, the lawful purpose of the Trust is to disseminate Sri Joydip's Teachings, which are in the form of numerous Intellectual properties like (Lifewise, Seven Yoga Habits that can Transform your Life Series, Creatiyoga, Workplace Wellness, Innovation@YogaEducation, The Science of Yoga, Yoga of Dance, Yoga of Creative Writing, Immunoyoga, Diabeteshelp4u, Cancerhelp4u, Lungshelp4u ) which are created out of consciousness research in Gyan Yoga, for public welfare and benefit of the beneficiaries who are the students of Sri Joydip Ashram and also to the larger society.

The objects of The Sri Joydip Ashram Trust is also to apply the Sri Joydip's Teachings which is based on blending innovation and tradition on yoga teaching, and the Intellectual property created out of it, and it proceeds all, or such part or parts of the capital for or towards such charitable purposes both Case-based advocacy and cause-based advocacy for holistic and collective health, and in such manner as the Trustees may in their absolute discretion think fit.

## Sri Joydip Ashram Gyan Yoga Training and Research Centre Activities and Benefit Programs/Events for Cause-Based and Case-Based Advocacy towards SDG3

### SRI JOYDIP ASHRAM GYAN YOGA TRAINING AND RESEARCH CENTRE IMPACT AREAS



Figure 3: Sri Joydip Ashram Gyan Yoga Training and Research Centre Impact Areas

## **A. Holistic Healthcare**

One of the primary engagements of Sri Joydip Ashram Gyan Yoga Training and Research Centre is the therapeutic use of Gyan Yoga for Holistic Healthcare right from the beginning. This has been the core function of the Digital Health Committee which is formed after the meeting with the World Health Organisation – Digital Health Forum and as per their Digital Health Guidelines.

### **1. India Covid Response Fundraising and Support (Covid Second Wave – April- May-June 2022)**

In the times of the Second Wave which have a devastating effect on India, Sri Joydip Ashram Gyan Yoga Training and Research Centre took a positive role on not only Holistic Education based on Gyan Yoga which had an innovative module by then, created at the time of the First wave named as 'Immunoyoga' but also to actively implement the Indian Covid Response Fund, created by Give India and Google India and reaching out Covid Affected Families with Financial Aids from Give India and Google India.

## **2. Ourhealth1st Webinars by Yoga Teachers towards SDG3 – Health and Wellbeing of All in and around International Yoga Day 2021 on 21<sup>st</sup> June 2021**

Finally, after the second wave, Sri Joydip Ashram Gyan Yoga Training and Research center started creating awareness on Vaccines and at the same time also created webinars for Yoga help to prioritize holistic healthcare. This had been a core function of the Arts and Culture committee to create a Culture of Preventive Healthcare and work on the cause of SDG3.



Figure 4: Sri Joydip Ashram Gyan Yoga Training and Research Centre focus on SDG3





SRI JOYDIP ASHRAM GYAN YOGA TRAINING AND RESEARCH CENTRE

PRESENTS

IN UNITED NATIONS INTERNATIONAL YOGA DAY 2021

21<sup>st</sup> JUNE, 2021, 4 PM ONWARDS



## OUR HEALTH FIRST WEBINAR



SR JOYDIP - AUTHOR  
& YOGA TEACHER



CHAJA VAN BOESSCHOTEN  
YOGA TEACHER FROM ITALY



AMEYA SANGEKAR  
YOGA TEACHER

ON GYAN YOGA INTERVENTION FOR UNITED NATIONS SUSTAINABLE DEVELOPMENT  
GOAL 3 (HEALTH & WELLBEING OF WORLD) IN BETWEEN COVID19 PANDEMIC

NO ENTRY FEE . REGISTER THROUGH THE LINK BELOW  
<https://hopin.com/events/international-yoga-day-seminar>

Figure 5: Sri Joydip Ashram Gyan Yoga Training and Research Centre OurHealth1st Webinar in International Yoga Day

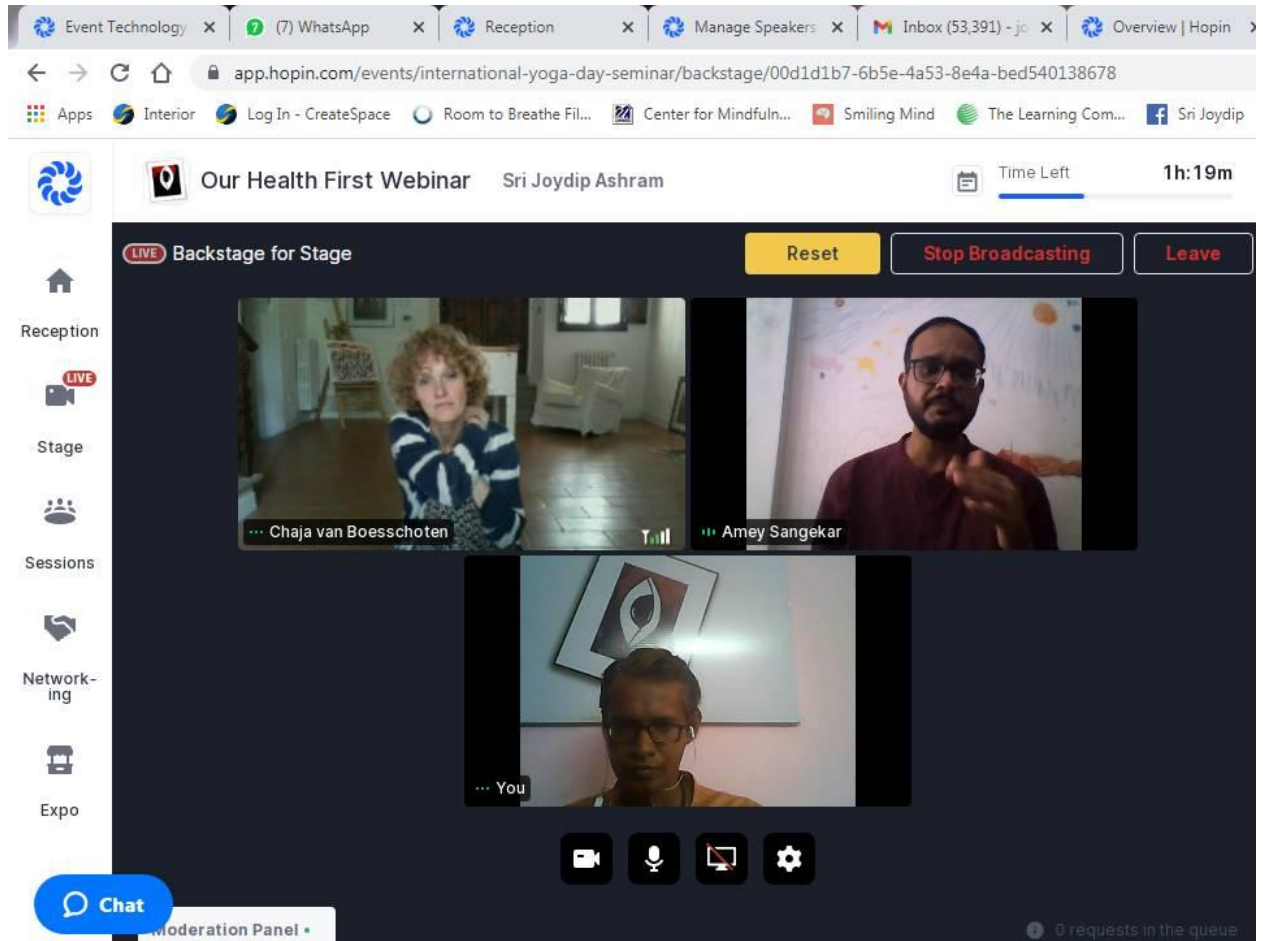


Figure 6: Ourhealth1st Webinar in International Yoga Day 2021

### 3.DaanUtsaav Session on Celebrating the Joy of Giving in 2<sup>nd</sup> October 2021

In India's Festival of Giving, Sri Joydip Ashram took an active role in partnering with Daanutsaav on celebrating the Joy of Giving from 2<sup>nd</sup> October 2021 and encouraging the spirit of volunteering. This has been a core function of the Finance Committee to create events and programs which help in achieving the fundraising targets of Sri Joydip Ashram Gyan Yoga Training and Research Centre, and also make the entire organization more financially compliant.






Sri Joydip Ashram invites you to Join us at Daan Utsaav 2021  
in Virtual Seva Mela and listen from EXPERTS of different fields



**Prasad Jaladi (USA)**  
Social Entrepreneur



**Sri Joydip (India)**  
Author & Yoga Teacher



**Alan Tupicoff (Australia)**  
International Expert in Sustainable Management

2<sup>nd</sup> – 10 am – 11 am IST, 3 pm- 5 IST  
and 3<sup>rd</sup> October 3 pm -5 pm IST

Visit our Sri Joydip Ashram stall and learn about our Award winning caused based advocacy work on Gyan Yoga Intervention| for Health and Well being of world (SDG3)

Figure 7 : Daanustav webinar for fundraising for Social causes

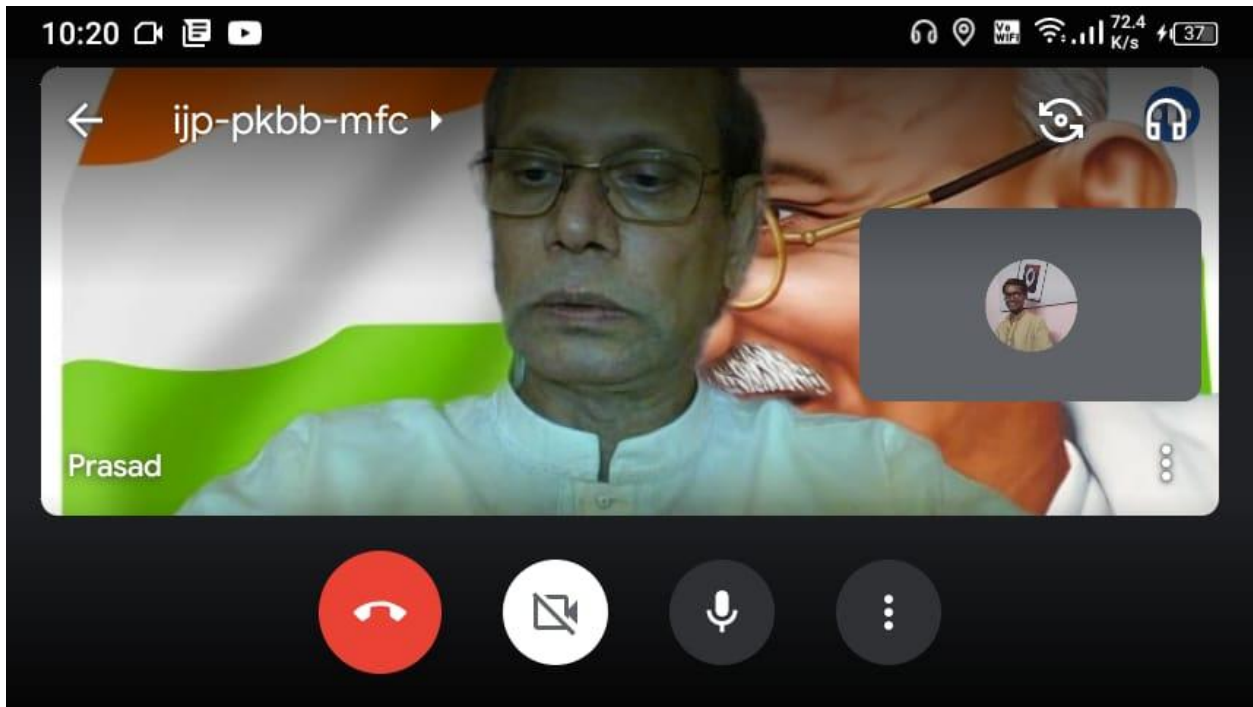


Figure 8: Daanutsav webinar on Mahatma Gandhi

#### **4.Cancerhelp4u – Yoga Help for cancer Patients on 3<sup>rd</sup> October, 2021 in Sevamela**

Later in Seva Mela, Sri Joydip Ashram Gyan Yoga Training and Research Centre organized a Masterclass on Seven Yoga Habits that can transform your life.



Figure 9: Masterclass on Sevan Yoga Habits in Seva mela 2021

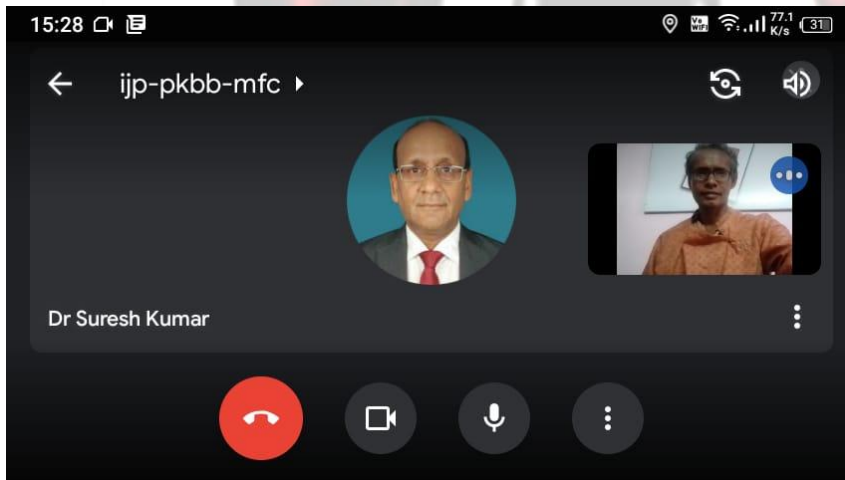


Figure 10: Masterclass on Seven Yoga habits on Sevameela 2021

And it also organized a Cancerhelp4u session on Yoga help for Cancer patients which also shared experiences on how yoga can help to bring down the side effects of Chemotherapy.



Figure 11: Cancerhelp4u webinar for Yoga help for Cancer patients

## 5. Diabeteshelp4u – Managing Diabetes Through Gyan Yoga Intervention on 14<sup>th</sup> November 2021 at World Diabetes Day

One of these webinars which had a lasting impact was diabeteshelp4u – Yoga Help for Diabetes which was accompanied by a Book Release on Diabetes Help through Gyan Yoga and the experiences of Sri Joydip Ashram Gyan Yoga Training and Research Centre to treat lifestyle disorders like Diabetes through Gyan Yoga Intervention.



Figure 12:Diabeteshelp4u Book



**International  
Diabetes  
Federation**



**world diabetes day**  
14 November



Sri Joydip Ashram Gyan Yoga Training and Research Centre in collaboration with International Diabetes Federation invites you to join at Digital Launch of Book "Diabetes Help For You" in WORLD DIABETES DAY at 14<sup>th</sup> November, 2021 from 4 pm - 6 pm IST



Alan Tuplicoff Prasad Jaladi (USA) (Australia) Chief Facilitator Author & International Expert



Sri Joydip (India) Best Selling Author & Gyan Yoga Teacher



Dr. Pallabi Roy, (India) Co Founder, DigiSwasthya Foundation



Dr. Rao Kolusu (USA) Renowned Physician MD (Internal Medicine)



BOOK RELEASE AND PANEL DISCUSSION ON "ACCESS TO DIABETES CARE - THE YOGA WAY"

Joining Link - [meet.google.com/dhe-ovcp-ukn](https://meet.google.com/dhe-ovcp-ukn)

Book Buying Link - <https://www.amazon.com/gp/product/B09GB2WRC4/>

Figure 13: World Diabetes Day Event



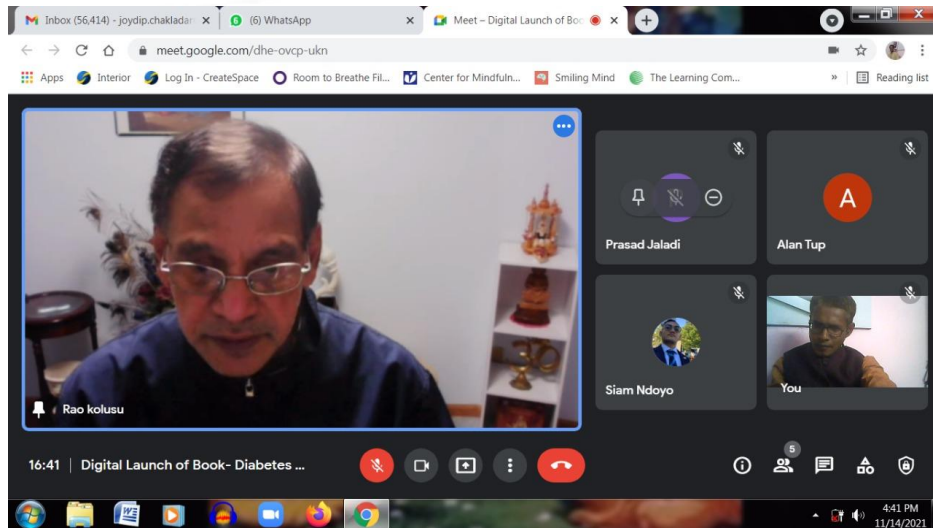


Figure 14: World Diabetes Day Speech by Dr. Rao (Physician)

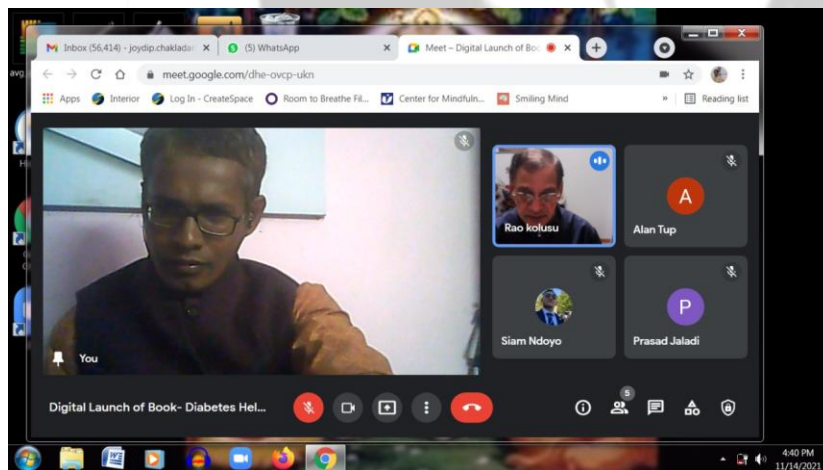
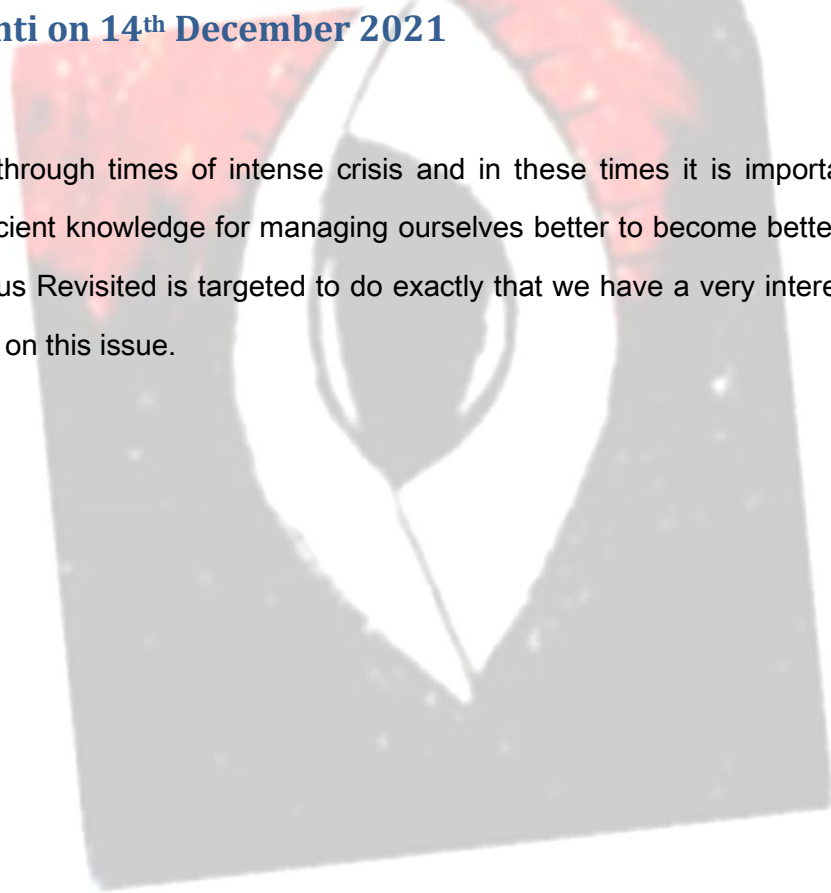


Figure 15: World Diabetes Day Panel Discussion

## **B. Spiritual Development and Peacebuilding with Conflict Resolution**

### **1. Wisdom Stimulus – Application of Bhagavad Gita for Self Management in Gita Jayanti on 14<sup>th</sup> December 2021**

We are going through times of intense crisis and in these times it is important to look back towards the ancient knowledge for managing ourselves better to become better human beings. Wisdom Stimulus Revisited is targeted to do exactly that we have a very interesting webinar in World Gita Day on this issue.



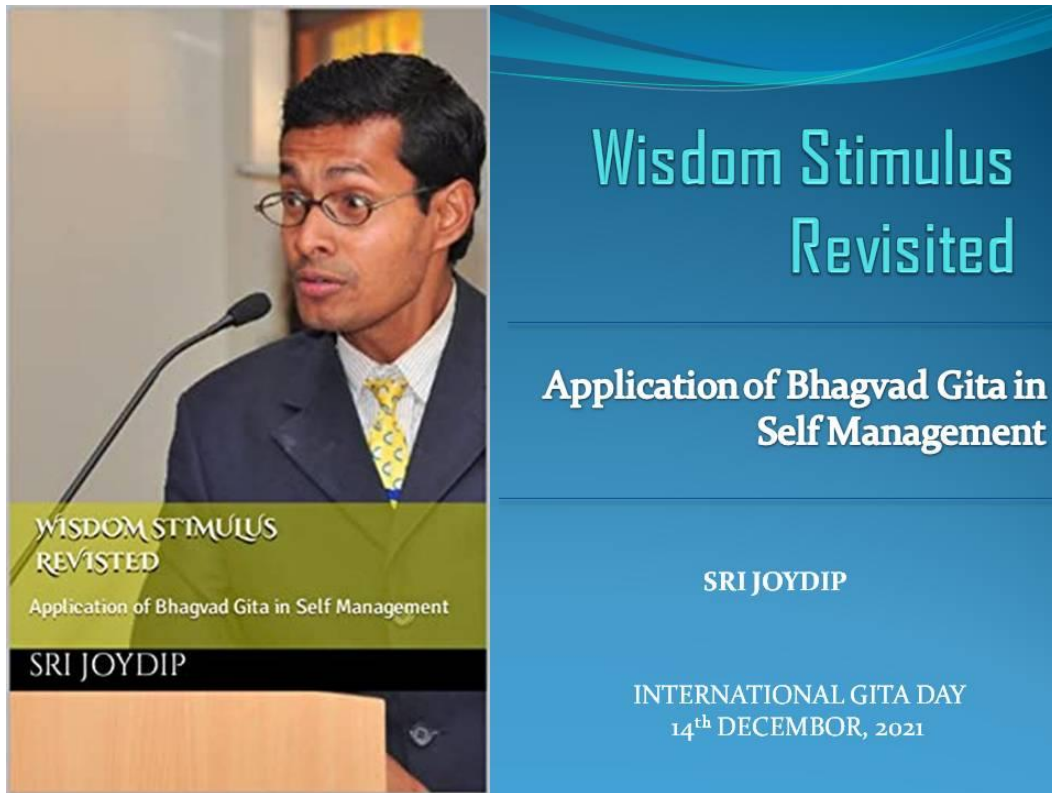


Figure 16: World Gita Day Event



Sri Joydip Ashram Gyan Yoga Training and Research Centre invites you to join us at the Digital Launch of the Book "Wisdom Stimulus Revisited: Application of Bhagavad Gita in Self Management" in WORLD GITA DAY on 14<sup>th</sup> December 2021 from 8 pm – 10 pm IST



Prasad Jaladi (USA)  
Chief Facilitator  
Suraksha



Alan Tropicoff  
(Australia)  
Author &  
Project Mgt Expert



Sri Joydip (India)  
Best Selling Author  
& Gyan Yoga Teacher



Dr. Rao Kolu (USA)  
Physician  
MD (Internal Medicine)



BOOK RELEASE AND PANEL DISCUSSION ON "MANAGING SELF IN CHALLENGING TIMES IDEAS FROM BHAGAVADGITA"

**Google Joining Link** - <https://meet.google.com/tqy-mimh-wyp>

**Book Buying Link** - <https://www.amazon.com/Wisdom-Stimulus-Revisited-Application-Management-ebook/dp/B09JLPPF66/>

Figure 17: World Gita Day - Application of Bhagavad Gita in Self Management



Figure 18: Wisdom Stimulus: Application of Bhagavad Gita in Self Management

## 2. Shiva Sutras – Meditations for Peace in 1<sup>st</sup> March 2022 at Shivaratri

Meditation is an important practice that helps us in both conflict resolutions and Peacebuilding and in Shivaratri we did a 10 days meditation program sharing important details on how meditation can help also Youth and make the world a more peaceful place. We also released “Shiva Sutras – Sambhopaya” on this Occasion.

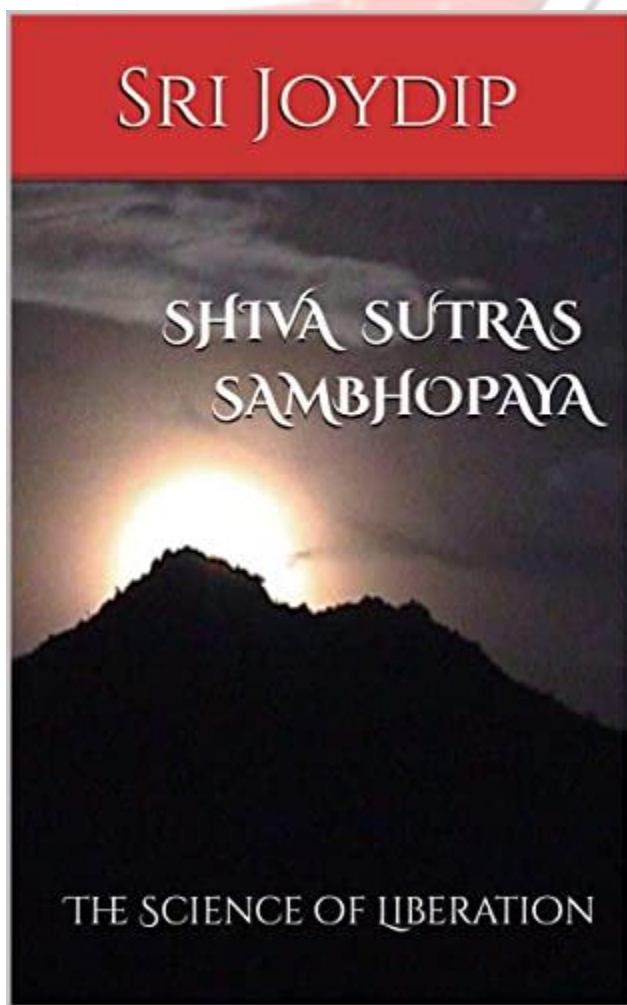


Figure 19: Shiva Sutras Book Cover

## **C. Arts and Culture**

### **1. Youth Love and Mental Health Issues on Valentine's Day on 14th February 2022**

Blood Moon is a book that is based on very important research findings by Queensland University, Australia. The research identifies that there is a definite link between relationship issues (especially post relationship issues) for the mental health of youth. There have made a case study of 4019 counseling cases and they have found that relationship issues have concurrent mental health issues (36.8%), self-harm (22.6%), and suicide (9.9%). It created awareness on this issue and an event was organized by Arts and Culture committee on this issue.

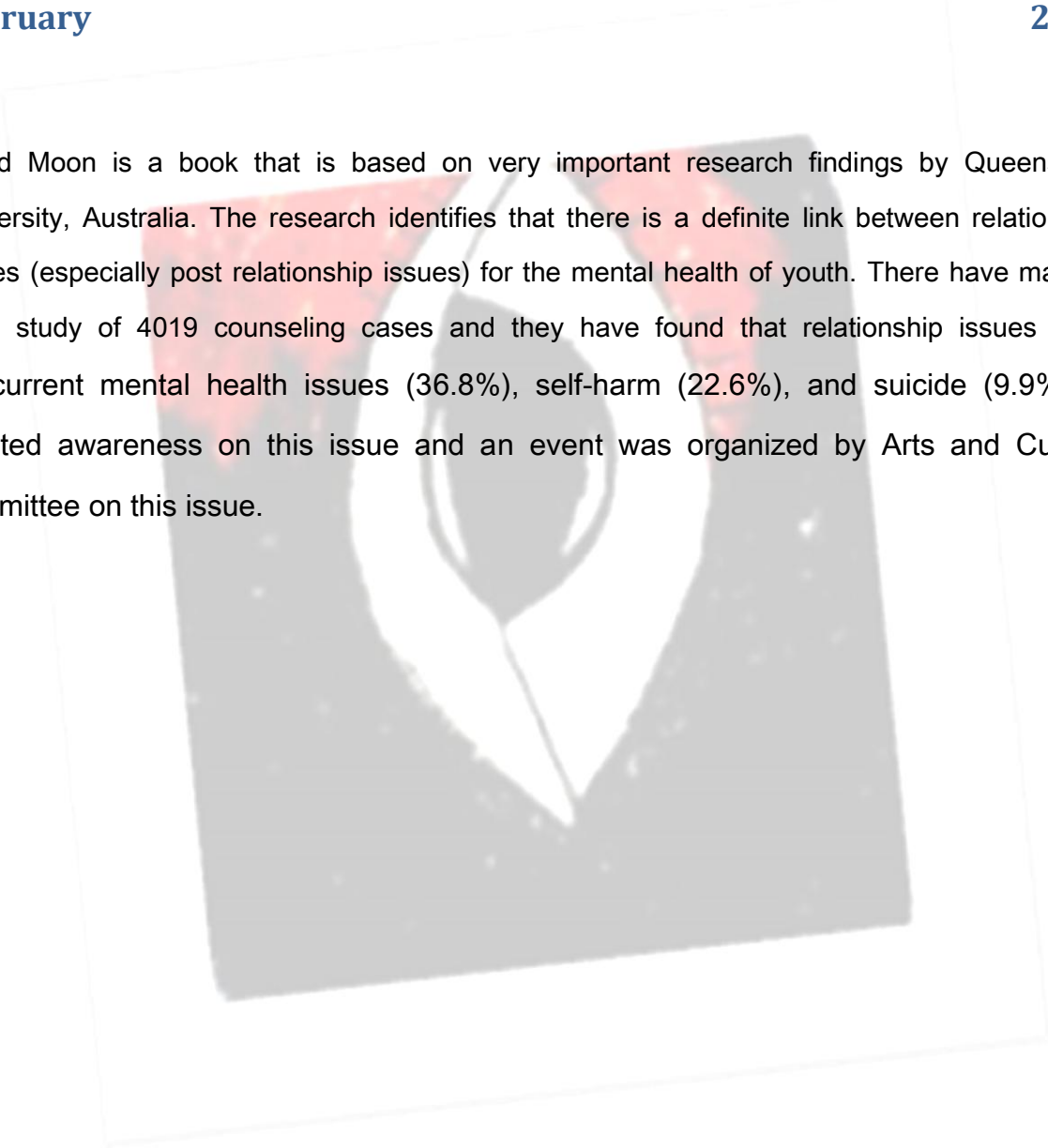




Figure 20: Blood moon Book Cover

Sri Joydip Ashram Gyan Yoga Training & Research Centre invites you to join at the Digital Launch of Book "BLOOD MOON" in this VALENTINE'S DAY on 14<sup>th</sup> FEBRUARY, 2022 from 11 am – 1 pm, IST

**Panelists:**

- Niladri Shekhar Mitra**  
Best Selling Author  
*"Letters of Nine"*
- Sri Joydip**  
Best Selling Author  
*"Stories from Arunachala Diaries Series"*
- Dr. A Subhashree**  
Empower Women Leader  
Award Winner, by DC, USA

**BOOK RELEASE WILL BE FOLLOWED BY A PANEL DISCUSSION ON "YOUTH LOVE: DO RELATIONSHIP ISSUES, LEAD TO MENTAL HEALTH ISSUES?"**

Joining Link - [meet.google.com/adh-srbv-ozz](https://meet.google.com/adh-srbv-ozz)

Book Buying Link - <https://www.amazon.in/Blood-Moon-Love-never-dies-ebook/dp/BogRMFWDWH/>

Figure 21: Panel Discussion on Youth Love and Mental health issues

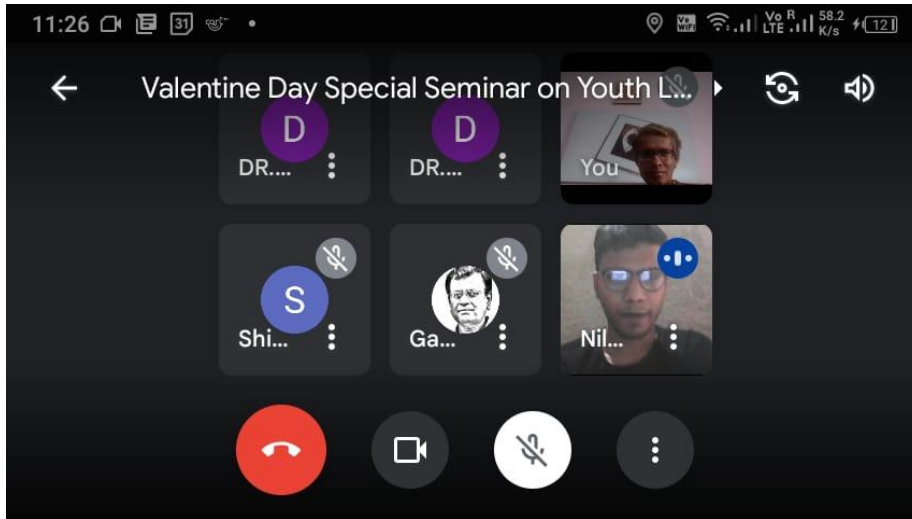


Figure 22: Youth Love and Mental Health Issues Webinar

## 2 . World Story Telling Day – Story Telling for communicating and elevating Human Consciousness

World Story Telling Day celebrated in every Spring Equinox is a wonderful way how we elevate human consciousness through Story-telling and Sri Joydip Ashram Gyan Yoga Training and Research Centre (Culture Committee) undertook an event online to celebrate World Story Telling Day on 20<sup>th</sup> March 2022.





SRI JOYDIP ASHRAM GYAN YOGA TRAINING AND RESEARCH CENTRE  
INVITES YOU AT



WORLD STORY TELLING DAY 2022  
20<sup>th</sup> MARCH 4-6 PM

IN THE THEME OF  
"LOST AND FOUND"

REGISTER TO GET THE JOINING LINK



Figure 23: World Story Telling Day Celebration 2022

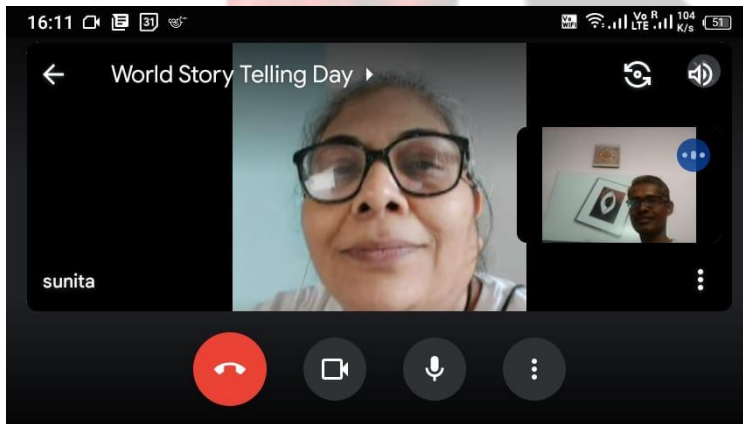


Figure 24: World Story Telling Day Webinar

## Recognition

We have been invited to the India Covid Response Fund Thanks Ceremony on appreciating our effort in fundraising for collective causes.

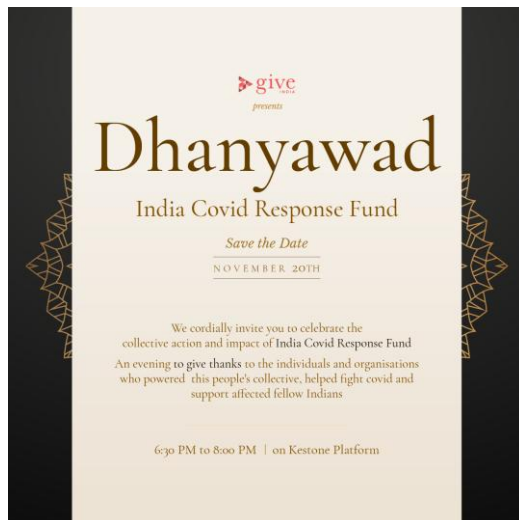


Figure 25: Recognition of our work in India Covid Response Fund



Figure 26: Transparency Award by Guidestar

Sri Joydip Ashram Gyan Yoga Training and Research Centre got Transparency Award three years in a row- 2020,2021 and 2022

## Publication

Several publications of made on the base of our Cause based and Case-based advocacy for SDG3 – Health and Well being of All.

- 
- A) Ourhealth1st
  - B) Diabeteshelp4u
  - C) Wisdom Stimulus – Application of Bhagavad Gita in Self management
  - D) Blood Moon
  - E) Omron White Paper
  - F) ShivaSutras – Meditation for Peace
  - G) Annual Report – 2021-22

## Impact

Sri Joydip Ashram Gyan Yoga Training and Research Centre made a substantial social and environmental impact along with the economic impact on the lines of what we have discussed in our last AGM not only to its local beneficiaries but to the beneficiaries across the world and made the little difference on the life on earth, in its way.

1. Sri Joydip Ashram Gyan Yoga Training and Research center Implementing India Covid Response Fund II with 'Give India' and Google India for Financial Aid to Covid affected Families (Beneficiaries).
2. Sri Joydip Ashram Gyan Yoga Training and Research center providing Free Telephonic Consulting Support and Yoga Help to 100 patients (Beneficiaries) around India
3. Sri Joydip Ashram Gyan Yoga Training and Research center Free Yoga Help and Health Consulting and Counseling support to 25 patients (Beneficiaries) in East Burdwan district.
4. Nine Free Cause based Advocacy Online Events for People across the world towards the mission of SDG3 – Health and Wellbeing of World
5. Transparency Award 2022 for Accountability and Transparency by Guidestar India.